

undoubtedly, like children who prefer sweetmeats to bread, destroy his digestion and acquire a very fretful outlook on the world.

365.

EXCESS AS A REMEDY.—We can make our own talent once more acceptable to ourselves by honouring and enjoying the opposite talent for some time to excess.—Using excess as a remedy is one of the more refined devices in the art of life.

366.

"WILL A SELF."—Active, successful natures act, not according to the maxim, "Know thyself," but as if always confronted with the command, "Will a self, so you will become a self."—Fate seems always to have left them a choice. Inactive, contemplative natures, on the other hand, reflect on how they have chosen their self "once for all" at their entry into life.

367.

TO LIVE AS FAR AS POSSIBLE WITHOUT A FOLLOWING.—How small is the importance of followers we first grasp when we have ceased to be the followers of our followers.

368.

OBSCURING ONESELF.—We must understand how to obscure ourselves in order to get rid of the gnat-swarms of pestering admirers.